

Post Shorts

Recycling schedule

The residential and recycling pickup schedule for Aug. 6, is plastic, glass and metal. Put items in blue bags and place them on the curb.



CAC/ID card office closure

The APG CAC/ID cards office, located in building 4305, first floor, will close Aug. 25 thru 27 for software upgrades.

The following Maryland Identification Card facilities will be available for those APG customers requiring assistance during this time. Contact one of these facilities for more information:

- Fort George G. Meade 301-677-9568
- National Guard Headquarters, Baltimore 410-702-9050
- Air National Guard, 175th Wing, Baltimore 410-918-6698

The APG office will reopen Aug. 28. For more information, call 410-306-2348.

KUSAHC closes for organization day

Kirk U.S. Army Health Clinic will close at noon, Aug. 1 for Organization Day.

Patients are asked to plan accordingly for medication pickup and medical needs.

Thrift Shop holds \$1 bag sale in August

The Thrift Shop will hold a \$1 bag sale in August for all items displayed in the parking lot.

The shop will be closed Aug. 2 and Sept. 6.

For more information, call 410-272-8572 during store hours: Wednesdays, 11 a.m. to 6 p.m., Thursdays 10 a.m. to 2 p.m. and 10 a.m. to 1 p.m. the first Saturday of the month.

Consignments are taken 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. on Wednesdays and 10 a.m. to 1 p.m. on Thursdays.

Child care for military Families

The Military Fee Assistance Program has off-post, licensed child care for military or DoD Families assigned to Fort Meade, Fort Detrick, Walter Reed or Aberdeen Proving Ground. Child

See **SHORTS**, page 7

ISSUE HIGHLIGHTS

Page 2
Veterans' Voices

Page 3
APG Outdoor Journal

Page 4
Dogs help at Walter Reed

Page 5
Lovell Award winner

Page 6
Community Notes

Page 8
FMWR

Page 12
KUSAHC Commander

Page 15
Health Notes

Nold succeeds Rice as KUSAHC commander

Story by
YVONNE JOHNSON
APG News

The day after an emotional dedication ceremony naming its training center after a former Kirk U.S. Army Health Clinic nurse who was killed in Iraq, Col. William A. Rice turned leadership of the clinic over to Lt. Col. James M. Nold during a change of command ceremony on the clinic's front lawn July 11.

Col. Laurie A. Cummings, commander, Fort George G. Meade Medical Activity, presided over the ceremony.

Cummings called Rice "the personification of patriotism," and she praised him for the clinic's many achievements under his command.

"He served with that form of selfless service we see so often but rarely pay attention to," Cummings said.

She recalled several accomplishments under Rice's command, including the restructuring of the clinic pharmacy and support of deploying Delaware Reserve units while maintaining support of Soldiers, retirees and their Families.

She talked about his "leadership and dedication to the [U.S. Army] Ordnance Center and Schools and to Aberdeen Proving Ground during trying times and with limited resources," and said that he consistently trained personnel to combat chemical emergencies and gained accreditation as a regional health care facility."



Col. William A. Rice, outgoing commander, left, looks on as Col. Laurie A. Cummings, commander, Fort George G. Meade Medical Activity, center, passes the Kirk U.S. Army Health Clinic colors to Lt. Col. James M. Nold, incoming commander, during the change of command ceremony July 11.

"His leadership was never more evident than during the loss of Captain Maria Ortiz [when] he provided a fitting tribute in the days after and even yesterday,"

Cummings said.

On behalf of MEDDAC and the Northeast she thanked Rice and his wife Claire for their commitment to the APG community.

"I am honored to participate in the passing of these colors," she said.

Welcoming Nold and his

See **NOLD**, page 12

DoD, Department of Education sign agreement

Story by
MARGARET MCKENZIE
Army News Service

Deputy Secretary of Defense Gordon England and Deputy Secretary of Education Raymond Simon signed an agreement at the Pentagon June 25 to work together to ease transition challenges for military children.

The Memorandum of Understanding formalizes the partnership between the two agencies. The agree-

ment is designed to establish a collaborative framework between DoD and DoE to address the unique challenges military children face transitioning from one school to another as their parents are assigned to different installations.

"We have a long-standing, positive working relationship with the Department of Education," England said. "The on-going relocation within the Department of Defense has created an urgent need to enrich and

expand this relationship and other partnerships with military-connected communities to ensure the best possible educational opportunities for military students. This memorandum of understanding strengthens that partnership."

England said his children are products of the public school system and that he graduated from the University of Maryland.

"I will tell you something about our magnificent men and women who serve

this great nation," England said. "They will give their lives and limbs for their country; they will not sacrifice their children."

He said children of military members have the right to an outstanding education and will not relocate where they don't have good schools.

"That is where they draw the line and they are right," England said. "Their children deserve to have a good education, and so we have an obligation both as a depart-

ment and as a nation to make sure not just the children of the military, but frankly all the children of the United States of America get the absolutely finest education."

Thousands of military students are moving as a result of base realignment and closure, as a result of global rebasing and other force structure changes.

Of the 1.2 million school-age military students, only 8 percent attend DoD schools; the remaining 92 percent attend America's public,

See **EDUCATION**, page 3

National Night Out, Aug. 5 introduces Ready Army

DLES

The APG Police invite the APG community to the annual National Night Out, 5 to 8 p.m., Aug. 5, at the McGruff House located in Patriot Village.

The National Night Out will be a block party/cook out with fun and games provided by the Police, the Army Substance Abuse Program and Army Community Service.

National Night Out promotes communities taking a stand against crime in their neighborhoods. It will be an opportunity to meet and

greet police officers from each division and ask questions about their specific duties. The Police will have K-9, marine and wildlife, SWAT, traffic, detectives and crime prevention units available, and the Fire Department will also be there.

The Ready Army program also will be introduced to the community with displays for the community to better understand the program. Contests for children will be announced.

For more information, call 410-278-3609.

OC&S Soldiers say farewell to one of their own



Photo by ROGER TEEL, USAOC&S
Master Sgt. Christopher Turk salutes as other Soldiers wait to pay their final respects to Staff Sgt. Shawn Klein, Ordnance Center & Schools' instructor, at a July 22 memorial service at the APG Theater. (Full story on page 12.)



A landscape of picnic tables, barbecue stands and party pavilions in the Shore Pool recreation area soon will take on a new look as construction is set to begin in August on a new and improved recreation area, replacing the Maryland Boulevard picnic area as part of the Enhanced Use Lease agreement.

Shore Pool recreation area plans on track

Story and photo by
YVONNE JOHNSON
APG News

Plans for the upgrade of the Shore Pool area as a recreation area, replacing the Maryland Boulevard picnic area which will close sometime in the fall, are set to go forward as scheduled according to Greg Kuester, garrison Enhanced Use Lease program manager.

Kuester said the schedule has construction starting on the area in August with completion in early December.

"With the OPUS lease agreement,... OPUS agrees to replace the picnic area with the same facilities," Kuester said.

Proposed replacement upgrades for the area surrounding the pool and bordered by Swan Creek Drive and School Street include a playground area, picnic pavilions, basketball and volleyball court, ball field, mulched walking trail, horseshoe pits and rest rooms.

"Most importantly, the facility will be able to accommodate the same organizational functions," Kuester said. "It will run like Maryland Boulevard; all functions will be reserved."

"It's key to remember that the Garrison is not paying the cost for this," he added. "This is a development cost for the developer which was negotiated as a part of the OPUS lease."

The Shore Pool recreation area will be operational by the 2009 picnic season.



Veterans’ Voices

Former APG employee included in “The Long Road Home”

Story by
RACHEL PONDER
APG NEWS

Maj. Troy Denomy, who worked at the Joint Project Manager’s Office for Biological Defense (JPM-BD) on Aberdeen Proving Ground, was a member of the 1st Calvary Division when they were ambushed in Sadr City, Iraq, on April 4, 2004. Denomy and his wife, Gina, were included in Martha Raddatz’s book, “The Long Road Home,” an account of the ambush in Iraq known as “Black Sunday.” In an interview with him during his last week at APG, Denomy shared his thoughts. Denomy now works at the Pentagon in Washington, D.C.

Q: The book is full of details about the battle, and personal details about Soldiers and their Families. How did the author, Martha Raddatz, get to know all of the Soldiers and their Families to be able to write such a detailed account?

A: Martha Raddatz who works for the news program “Nightline” on ABC, did a one-hour piece on “Black Sunday,” which many consider the biggest urban conflict since Vietnam. She met with us as a group and in one-on-one interviews. The piece was well received so she did a follow-up segment for the show. Her husband, who is a writer, encouraged her to turn our story into a book. We already had a good relationship with her, and so we were able to trust her to tell an accurate story.

Martha, along with her research team, did about a year’s worth of research and they really got to know us individually, through interviews and follow-up phone calls. It is difficult to write a book about an event like “Black Sunday” because the events happened so fast, and there is the adrenaline rush. We had a chance to read the material before it went to print, and had a chance to talk with each other to clear up any inconsistencies. The final version is very accurate.

Q. She touched on a lot of emotions

in the book. Were you and the other Soldiers receptive to being interviewed by the author?

A. I think that as a whole we were fairly receptive to having our story told for a couple of reasons. First and foremost, it was the opportunity to have our story told.

When our story broke, it got coverage on all the major news networks that day, but even at a 24-hour news station you only get little snippets of the story told, and it wasn’t told as well as we liked, it wasn’t a complete story. The book was a chance for us to tell our story accurately.

Another reason that we were willing to work with the author is that she came to us with a great recommendation, from the First Cavalry Division Commander Maj. Gen. Peter Chiarelli, who told us that we can trust her.

Generally, when you are speaking to media you are wondering if there is an ulterior motive and wonder what angle they write the story. We didn’t have much of those feelings with her. She is very good at what she does and was able to get to know us through conversations, e-mails and phone calls. We still keep in touch with her today.

Q: Did you learn any new information when you read the book?

A: I learned a lot from the book that I otherwise wouldn’t have known. There was a lot going on during the ambush, so I didn’t know all of the details that the author included. Reading the book gave me a clearer picture of what really happened and the order of events.

Q: The book also includes a lot of details about the Soldier’s Families, why did she want to include information about the Families?

A: It was much about the Families as it was us. When she pitched the story to us that was one of the things she wanted to focus on is that a lot of war stories only focus on one side of the story. War books

tend to focus on the action, she wanted to get the home perspective to increase the audience; she wanted to touch that dynamic and explore it.

Q: The Family Readiness Group, or FRG, was mentioned several times throughout the book. What role do you think they play?

A: The FRG did great things when we were over there. My wife, Gina, was a part of this group. The FRG helped keep the Families informed about what was going on over in Iraq and served as a support group while we were away. Sometimes the FRG has to deliver bad news of death to Families and offer support to them while they grieve. Every one was mindful of the need to keep the Family informed.

Q: What were your feelings before being deployed in Iraq?

A: I had mixed feelings. As a Soldier I was excited and a little nervous. Personally, though, it was the hardest thing I had to do, I had a newborn son at home, and it was very hard to leave him and my wife. I tried to spend as much time with Family in the days and hours preceding deployment. My wife also had feelings of apprehension. She is a remarkable woman, being able to deal with me being deployed and running the home while I am gone. My mother and step-father were able to assist my wife with the baby, so that really helped.

Q: What were your expectations going over there?

A: We thought we were going on a “peace-keeping” mission and we would mainly be handing out food and other supplies to Iraqis, so we came with different

expectations.

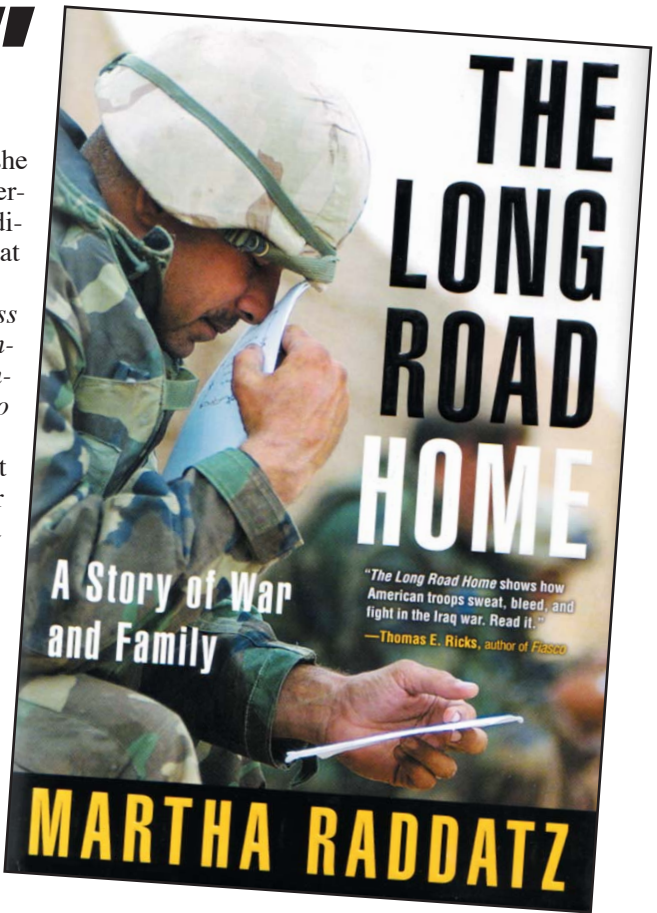
We arrived at the camp on March 31, 2004, five days before the attack. When we were attacked, we were caught by surprise. We were at our most vulnerable; we were not familiar with the terrain, and we did not have all of our weapons ready for combat.

The unit that we replaced said that Sadr City was one of the most peaceful places in Iraq. They only experienced a minor incident while stationed there. Although it was relatively peaceful, there was tension between the Iraqis and the American Soldiers. The ambush happened because they wanted to send a message to us.

Q: What were your feelings at the time of the ambush?

A: Anytime you are put in a situation like that your senses are acutely aware, and adrenaline rushes through you. There

See BOOK, page 12



Commentary: ‘The Long Road Home,’ sheds light on the realities of war

Story by
RACHEL PONDER
APG NEWS

Living in America since birth, I have often taken freedom, for granted. I often hear the phrase, “freedom isn’t free,” but I forget to take the time to really think about what that means. I get so consumed with my own life that I forget to think about the bigger picture. I am even guilty of complaining and obsessing about minor problems that I forget to remember my blessings.

Every once in awhile, however, I am reminded of how lucky I am to live in country where I am able to pursue my hopes and dreams without fear.

Reading “The Long Road Home,” by Martha Raddatz, reminded me of the sacrifices that American troops make everyday to ensure that our freedom is secure. The sacrifices that they and their Families make are great, and the author does a wonderful job of portraying both perspectives.

Raddatz tells of the ambush in Iraq known as “Black Sunday,” which happened on April 4, 2004, in Sadr City.

Shane Auegro, a Lieutenant of the 1st Calvary Division platoon was stationed in Sadr City for only a few days when the platoon encountered a surprise attack from hundreds of Iraqi militants who opened deadly fire. The Iraqi militants attacked the 1st Calvary Division when they were at their most vulnerable, when the platoon was not familiar with the terrain and did not have all of their weapons ready for combat.

“Black Sunday” ultimately cost eight Americans their lives and left more than 60 wounded. It also marked the beginning of a full-blown Iraqi insurgency.

Raddatz describes vividly the dangerous war conditions that the Soldiers went

through and the sadness they felt when they lost a friend as a casualty of war. The Soldiers had to fight fear while keeping a brave face, and Raddatz captures the raw emotions of the Soldiers so well that you feel like you are reading their innermost thoughts.

Raddatz, who is a chief White House correspondent for ABC News and a senior national security correspondent, carefully researched the Soldiers who fought on “Black Sunday” and their Families for a year to present a detailed account for the reader.

The book moves at a fast pace and the battle feels like an eyewitness account. Raddatz seamlessly moves from conditions on the battlefield to conditions at home, which makes for an interesting read.

As a woman, I especially identified with the struggle and the heartbreak that the wives in the book face while their husbands go off to war.

Raddatz conveys the mixed emotions that Families face when they are getting ready for their loved ones to be deployed. Wives are proud of their husbands yet are very afraid for them and regret the strain that it puts on their Families.

I appreciate that the author took the time to research the Soldiers’ Families, because it makes for a well-rounded story. It signifies how important Family life is to Soldiers, and it makes the reader better aware of the tremendous sacrifices that are made during war.

As an American civilian, I do not know what it is like to be on a battlefield fighting for my country and my life, but thanks to “The Long Road Home” I have a better insight into the lives of Soldiers and their Families, true heroes that have sacrificed for our right to be free.



Staff Sgt. Earl Granville stays connected to his unit in Afghanistan without leaving his room using the e-mail feature of WRAMC’s new interactive TV system.

WRAMC first Army hospital with interactive TV

Story and photo by
SHARON TAYLOR CONWAY
Stripe Staff Writer

Walter Reed Army Medical Center is the first Army hospital to offer patients interactive television.

The new Patient Interactive Television System enables WRAMC patients to view cable television, select one of nearly a hundred educational videos and access Internet and e-mail with a wireless keyboard - all without leaving their beds.

Approximately 200 13-inch flat screen interactive TVs were installed on eight wards in April.

“Whoa! It’s great,” said Staff Sgt. Earl Granville of Scranton, Ohio, recovering at Walter Reed for about a month.

He explained that for his first three weeks at WRAMC, “I couldn’t get out of bed. I was all hooked up....This is excellent.”

Granville said he frequents Myspace.com and Army Knowledge Online with the interactive TV system, which helps him stay connected to Family back home and friends far away, especially those in Afghanistan. He said his communication with his unit, Provincial Reconstruction Team Gardez in Afghanistan, has been a reciprocal exchange of encouragement.

“They are my main priority, those guys over there,” Granville said.

Lt. Col. Barbara Ryan, Walter Reed Health Care System deputy chief of staff,

See WRAMC, page 11

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation

or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source. Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publi-

cation to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor-apg@conus.army.mil.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

Staff

APG Commander Maj. Gen. Fred D. Robinson Jr.
APG Garrison Commander Col. Jeffrey S. Weissman
Public Affairs Officer George P. Mercer
Editor Debi Horne
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
Graphic Designer/Web Designer Rachel Ponder
Web site Nick Pentz
www.apgnews.apg.army.mil

APG Outdoor Journal

Commentary: So you want to go crabbing

By
BILL ARMSTRONG
APG Wildlife and Marine Law
Enforcement Division

As I’m sure most of you already know, the recreational crabbing in the Bush and Gunpowder rivers has really picked up of late, and if this year is anything like last year, it will only continue to get better.

The problem is, it seems like I’m running into more and more people who don’t seem to understand the rules and regulations that apply when it comes to catching crabs.

Don’t get me wrong, I certainly sympathize with those of you who come away shaking your head after trying to read the Maryland crabbing regulations. I’ve been in this business for over forty years and without a doubt Maryland’s regulations are about as clear as mud. So, I’m hoping that this week’s sermon will help clear up some of the confusion.

First of all, let me preface by saying that this information only applies to recreational crabbing; commercial crabbing regulations are yet another can of worms.

Licensing

No, you don’t have to



Photo courtesy of MARINE AND WILDLIFE

have a Maryland crabbing license to go crabbing, but, there are certain restrictions on the number of crabs you can take, and the kind of equipment you can use to catch them if you don’t have a license.

So, if Uncle Sam hasn’t sent you your “stimulus” check yet, and you can’t afford to buy a crabbing license, you gotta pay attention to what I’m saying.

You are only allowed to take, or have in your possession while you’re out on the water, 2 dozen or 24 crabs. If there are two or more of you in the boat, the maximum number of crabs you can have in the boat is 4 dozen, or 48; plus you’re limited on the equipment you can use, such as: net

rings or traps: If there’s only one person in the boat, the maximum number of traps or net rings that can be used is 10. If there are two or more of you in the boat, the maximum number of traps or net rings that can be used is 20, and they have to be attached to a visible float or marker bearing the name of the person using them.

Trot lines: Once again, if you don’t have a crabbing license, the maximum length of the trotline (baited portion) you’re using cannot exceed 600 feet, but it can be used in conjunction with your traps or net rings.

Now, if you have a recreational crabbing license, the maximum number of

crabs a person can take is one bushel. If there are two or more of you on the boat with crabbing licenses, the maximum number of crabs that can be taken per boat is two bushels. In addition, the maximum number of crab traps or net rings that can be used per boat is thirty, and if you are utilizing a trotline, the maximum length of trotline (baited portion) being used cannot exceed 1,200 feet.

Size and time restrictions

Pay attention now, this is important.

Recreational crabbing is prohibited on Wednesdays, and beginning this year ALL female crabs must be returned to the water immediately. After July 15, only male hard crabs 5 1/4 inches or larger may be taken and hard crabs less than 5 1/4 inches must go back in the water immediately. Male soft crabs and male peeler crabs have got to be at least 3 1/2 inches or larger to be legal.

As for the legal hours, again the State of Maryland chooses to make it confusing for the recreational crabber. In the main Bay, May through September, the legal hours for crabbing are one half hour before

sunrise to 5 p.m. During October, November and December the hours are one half hour after sunrise to 5 p.m.

In the tributaries (Bush and Gunpowder rivers at APG), the hours are from May through September, one half hour before sunrise to sunset, and after Oct. 1, one half hour after sunrise to sunset.

Now, one more thing and I’ll shut up. If you are a recreational crabber, it’s against the law to sell your crabs, and not only that, if you’re looking to buy some crabs, it’s against the law for you to buy crabs from a recreational crabber. So, if your buddy from down the

street tells you that he has an extra bushel of crabs he caught, and asks you if you want to buy them...beware, not only is your buddy breaking the law, but if you buy them, so are you.

Still confused?? I understand completely ‘cause in my opinion some of the fishing and crabbing regulations absolutely defy logic and common sense.

Anyway, if you have a question about the rules and regulations, give us a call at 410-278-3305, or 410-436-6181, and we’ll try to answer to keep you straight.

And don’t forget...wear that life jacket when you’re out on the water.

Education

From front page

charter, private, independent and parochial schools across the nation.

In his opening remarks, Simon talked about his participation in a school accreditation process in Germany and a meeting of the advisory council on military dependents education he attended.

“The one thing I took away from that meeting was the absolute commitment from command and senior leadership of our armed forces for a quality education for their children,” he said. “That commitment included the personal attendance, for several hours, of the commanding general of the U.S. Army in Europe. For him and for the other commanders present, access to the finest schools with the most outstanding teachers for their children was

non-negotiable.”

Five children participated in the signing ceremony. Jhendayi Bryant, Aaron Naquin, Rebekkah Orrell, Daniel Lind and Justyce Graves recited the Pledge of Allegiance as their parents looked on.

“It is a great honor to be here,” said Maj. Gregory Orrell, Rebekkah’s father. “I think this is really special for my daughter to see

something that will affect her for most of her school years, especially with the amount of times that I will move in my career.”

Rebekkah said it was fun and she was excited.

“The agreement we sign today will honor that commitment and honor the sacrifices these Families make every day,” Simon said. “By working more closely together, by working smart-

er together we can help ensure that the unique needs of these children to learn and have access to first-class teacher and support programs are more fully met, no matter where in the world they are deployed.”

(Editor’s note: Margaret McKenzie writes for the Family and MWR Command Public Affairs Office.)



Army News

Dogs help wounded warriors heal at Walter Reed

Story by
ELIZABETH M. LORGE
Army News Service

One of the most popular therapists at Walter Reed Army Medical Center prefers to show his enthusiasm and appreciation by wagging his tail and giving slobbery kisses.

Deuce

Deuce is a three-year-old chocolate Labrador retriever and the first therapy dog assigned to a U.S. military hospital. Walter Reed is the only military hospital to use therapy dogs, according to Deuce's owner, Harvey Naranjo, who is in charge of adaptive sports and community reintegration programs at the hospital.

"We had just started a program where we take our service members to ride horses as part of their therapy to work on their core... While we were there, they had some dogs running around in the barn," Naranjo said. "And I just saw how our guys, how our patients, opened up to the dogs and all of a sudden you saw these tough guys just totally melt.

"I thought, 'Wow, what a wonderful thing if we can get one of these dogs for the clinic.' And I said it out loud. There happened to be a retired Army veterinary officer there who overheard me and he started asking me all these questions, and before I knew it, I was getting a dog," he said.

Good for patients

After breaking through a lot of red tape, Deuce, who was originally trained as a service dog, arrived at Walter Reed about two years ago. He goes on walks with patients who are missing legs, both to encourage them to get out and get accustomed to walking dogs they might already have. He plays fetch with patients who are missing arms so they can learn how to use their prosthetics and throw the ball. He lets patients lean on him for balance during therapy exercises. He even runs in marathons with the wounded Soldiers.

"That has been a huge encouragement for our guys," Naranjo said. "You know, going out and running five miles for the first time and the dog is running

with them, their buddy is out there supporting them and also running, really boosts their morale and gets them out. He's part of the team."

But most importantly, Deuce's job is to bring smiles to patients' faces and help them forget where they are.

Other dogs

The program has been so successful that Walter Reed added another dog, and a third will start in the fall. The dogs alternate days, and Naranjo said Deuce loves working so much he gets upset when he has to stay home.

"He loves it here. The days he's not coming to work, I hear it at home. If I'm leaving in the morning, he's giving me a 'Am I not going?' kind of look. He really loves interacting with the patients and really being involved with everything we do...When I'm going to work, if I grab the vest, he's already standing at attention at the door, waiting. 'Are you going to take me?' The minute I don't have the vest, he's still laying on his bed waiting to see what's happening next... If I were to take the vest off Deuce at this moment, he's a dog. He's doing whatever he wants to do. I have to call him two, three times, but the minute the vest is on, he's in work mode. He knows what to do."

Other patients in the hospital are visited once or twice a month by dogs and volunteers from People, Animals, Love (www.peopleanimalslove.org), an organization that trains therapy dogs. The dogs, who are in good health and bathed just before their visit, visit in-patients and the pediatric ward.

Service dogs

The therapy dogs were



Deuce, a therapy dog at Walter Reed, and his owner Harvey Naranjo, greet Sgt. 1st Class Andrew R. Allman, one of the patients at the occupational therapy gym. Deuce helps with patients' therapies, but his main job is to make them feel better.

such a success at Walter Reed, according to Naranjo, that the program has referred about 20 service members for personal service dogs.

"These dogs have been a huge benefit to them," he said. "Aside from the physical tasks the dog does for them, one of the extra things that we never thought about was, the dogs have now drawn attention away from the patients' injuries and what's going on. A lot of times when our guys go out in public and they're on their own or with their Families, they feel a little vulnerable because everybody's kind of focused on them and their injuries. Hey, look at that guy's leg. But now what's happening, is they walk with this dog and the attention is drawn to the dog and people come and talk about the dog first before they focus on the physical injuries a patient is presented with."

Lyla

After losing both legs to a land mine in Afghanistan, Cpl. Sue Downes received Lyla, a 2-year-old yellow Lab, through the Canines for Combat Veterans program. The program is run by National Education for Assistance Dogs Services, and Lyla was actually trained by an inmate in the prison pups program.

A \$25,000 donation to the Tower of Hope organization covered Lyla's training, food and other needs. Another donor awarded Lyla free veterinary care for life so Downes isn't responsible for any costs associated with the dog.

Downes has been at Walter Reed for a year and a half and she said Lyla - who wears a service-dog vest Downes made out of her own uniform - has made a huge difference in her life. Lyla lets Downes lean on her for balance or for

help standing up. The dog turns off the light at night and brings the spray bottle of water Downes needs to fit into her prosthetics.

In fact, when Downes took the spray bottle out of her purse and set it down, Lyla immediately picked it back up and gave it to her. Even after Downes assured her it was okay, Lyla continued to watch the bottle for several minutes before disappearing under Downes' seat until she was needed again.

"Before, I wouldn't enter the hospital by myself unless I had somebody with me," Downes said. "Now that I have her, I come in by myself a lot of the time. Just more confidence knowing someone's there. She's there to help me if I fall, things like that.

"The stress and anxiety, [Lyla] somehow just reduces it," she added. "You feel calm. Because whenever I start having a panic attack or something, I don't know, she senses things. She'll come to me and I'll pet her and be like 'good girl' and I'll forget about it. It's soothing."

Although Lyla knows she has a job and belongs to Downes, Downes added that Lyla is also a regular dog and a great pet for her 7-year-old son and 9-year-old daughter. She does tricks and loves to play tug-of-war.

Combat-stress dogs

Two other dogs have been deployed to Iraq with combat-stress units to help Soldiers relax and give them a little piece of home.

"You have areas where occupational therapists in theater have to go and assess combat-stress situations where there may have been a death in the unit," Naranjo said. "Soldiers have been on constant deployments in areas where they haven't had access to their Families, with a phone call or whatever.

"What an awesome thing to come back after pulling duty and have a nice dog waiting for you, wagging its tail or whatever," he said. "It has opened up the door for communications because a lot of times they don't want to talk to a therapist or say what's wrong with them. The dog helps them calm down, relax and then open up a little bit more. The dogs have been so effective that we had a request for two more dogs to do the same type of work in Afghanistan."

(Editor's Note: This is the first in a series of articles about how dogs are helping Soldiers.)

Top injury epidemiologist named Lovell Award winner

Story by
MARY KATHERINE MURPHY
U.S. Army Center for Health Promotion and Preventive Medicine

A medical doctor and injury epidemiologist is the 27th recipient of the Center for Health Promotion and Preventive Medicine’s Joseph Lovell Award.

Bruce H. Jones earned the award for career-long, trail-blazing injury research and for public health/preventive medicine leadership.

The Joseph Lovell Award is given by CHPPM to a scientist whose career in public health/preventive medicine is as innovative and impactful as that of the first Army surgeon general, for whom the award is named.

“Doctor Bruce Jones is the ultimate ‘scholar and gentleman,’” according to Stephen L. Kistner, CHPPM’s senior civilian scientist. “A world-class expert on injuries and injury prevention, he is well published, a superb mentor to young scientists and epidemiologists both within and outside his program, and ... a true role model of a public health professional.”

Jones attributes these successes to mentors who helped him realize his true potential and guided him on his journey.

He began working in a lab after college under the direction of professor and mentor Dick Taylor, an animal physiologist. For Taylor, Jones trained cheetahs to run on a treadmill and measured their oxygen consumption.

“That’s when I started to think that I might want to do research,” said Jones.

Jones credits Ferris Jenkins, another professor and the director of the Museum of Comparative Zoology at Harvard University, as a key mentor who showed him how to meld interests in both research and medicine. Jenkins convinced Jones to go to medical school instead of getting an advanced degree in science, because by going into medicine he could do both.

Jones said now-retired Maj. Gen. Patrick Sculley, a former CHPPM commander and Army deputy surgeon general, was the primary mentor for the second portion of his career. Sculley’s knowledge of and guidance about how to get things done coupled with Jones’s knowledge of public health surveillance and injuries allowed the two to achieve a significant advancement in comprehensive, integrated medical surveillance, the development of the Defense Medical Surveillance System. This system is the central repository of medical surveillance data for the armed forces.

“It was his passion, his knowledge and his articulate spokespersonship that took health surveillance from concept to respected reality,” Sculley said.

Sculley also returned the compliment of good mentorship, crediting Jones with making a significant investment in development of young scientists.

“He still sets the standard for leadership in mentoring the next generation of scholars and researchers from the Oak Ridge Institute for Science and Education program,” Sculley said. (ORISE is a partnership program through which CHPPM obtains interns for its scientific and technical programs.) Jones’s Injury Prevention Program trains four or five interns at a time.

Meeting with Sculley and retired colonels John Brundage and Mark Rubertone at the Lovell Award ceremony, “was like an athletic team coming back for a reunion,” Jones said. “It was a good time.”

While Sculley now serves as director of the Texas Center for Applied



Photo courtesy of GOLDEN KNIGHTS

Dr. Bruce Jones, U.S. Army Center for Health Promotion and Preventive Medicine injury epidemiologist, jumps with the Army Golden Knights. Jones visited the parachute demonstration team to discuss a planned study on the parachute ankle brace. Phase 1 of that study, which demonstrated that use of the ankle brace reduces injuries, was completed at the Army Airborne School, Fort Benning, Ga.

Technology at Texas A&M University, Brundage and Rubertone are still Army physician-epidemiologists. Both work at the Armed Forces Health Surveillance Center in what was formerly the Army Medical Surveillance Activity.

Jones never expected to approach 30 years of service with the Army.

He said he joined the Army originally thinking

he would just pay back the time he owed for his Army Health Professional Scholarship.

“I found that I loved the military and the people, and that I valued the mission,” Jones said.

Jones launched his career in the Army as a general medical officer and joined the staff of the U.S. Army Research Institute of Environmental Medicine as

a research medical officer. He briefly left the institute to earn a master’s degree in public health and complete residency training.

When Jones returned to USARIEM, he was given the mission of establishing an injury epidemiology program. He was made chief of the Occupational Medicine Division, which was created to support the injury program he began. He then

took a brief hiatus from the military and worked for the Centers for Disease Control and Prevention’s National Center for Injury Prevention and Control.

He came to the CHPPM as a colonel in 1996; under his leadership there, the Defense Medical Surveillance System was created. In DMSS, records are established and continuously updated for each service member. The system’s goal is to document exposures and health outcomes from the time a service member enters the military until he leaves. CHPPM, the Armed Forces Health Surveillance Center and others use this resource to analyze, interpret and disseminate information about the status, trends and determinants of the health and fitness of U.S. military (and military-associated) populations and to identify and evaluate obstacles to medical readiness.

In 2002, now retired from the Army and after a second stint at the CDC, Jones returned to CHPPM to manage the newly created Injury Prevention Program, his current position.

Jones considers one of his greatest accomplishments to be documenting

the full impact of injuries on U.S. armed forces while he chaired the DOD Injury Surveillance and Prevention Work Group. The report and recommendations from the work group have continued to influence injury prevention measures in the armed forces. He also successfully documented the effects of injuries on soldiers and military readiness; he was able to show the value of integrated health surveillance for the prevention of injuries and other health conditions.

Jones has a bachelor’s degree in history of science from Harvard University. He holds a master’s in biology from the University of Kansas and a medical degree from Kansas University Medical Center. As well, he has a master’s in public health from the Harvard School of Public Health. He is board certified in preventive medicine.

Jones’ passion for preventive medicine has allowed him to follow in the footsteps of 26 other Joseph Lovell Award recipients. He, like all of them, exemplifies the traits of the first Army surgeon general by using initiative, creativity and innovation to excel.

Community Notes

SATURDAY
AUGUST 2
X MARKS THE SPOT II

Grab the family and join the crew at the Estuary Center for a park wide scavenger hunt, 2 to 4 p.m. Follow clues to explore the park, find what is on the list and then enjoy a yummy snack. This event is for all families. Cost is \$10 per family. Registration is required.

For more information, registration or directions to the Anita C. Leight Estuary, call 410-612-1688 or 410-879-2000, ext. 1688.

MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

SUNDAY
AUGUST 3
SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will

offer a Sunset Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children under age 10. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations are required.

For more information, reservations, call 410-939-4078.

WEDNESDAY
AUGUST 6
BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy will be onboard to tell about the wines, the winery and to answer any questions. Reservations are required.

For more information or for reservations, call 410-939-4078.

FRIDAY
AUGUST 8
VOLUNTEERS NEEDED FOR LIVING FLAG

The American Flag Foundation and the Cal Rip-

ken Baseball World Series Opening Ceremony needs volunteers to bring to Harford County the First Living American Flag, 7 to 10:30 p.m., at Cal Ripken Sr.'s Yard. Participants should arrive at 6 p.m. at the softball fields to the right of the Courtyard Marriott hotel. For more information, to register or to participate in the Living American Flag, visit www.americanflagfoundation.org.

MARGARITA NIGHT
The Chesapeake Heritage Conservancy, Inc. will offer a Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

MONDAY
AUGUST 11
STORYTIME CRUISE

The Chesapeake Heritage Conservancy Conservancy, Inc. will offer a Storytime Cruise, 6:30 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$10 per person, for ages 3 to 8. Enjoy a sail accompanied with children's stories and snacks. Reservations are required.

For more information, for reservations or to purchase tickets, call 410-939-4078.

WEDNESDAY
AUGUST 13
SUNSET CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Sunset Cruise, 7

to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$25 for adults and \$15 for children under age 10. The ship will cruise around the Susquehanna Flats and upper Chesapeake Bay. Reservations are required. For more information, reservations, call 410-939-4078.

SATURDAY
AUGUST 16
BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy will be onboard to tell about the wines, the winery and to answer any questions. Reservations are required.

For more information or for reservations, call 410-939-4078.

SUNDAY
AUGUST 17
FAMILY NIGHT ON THE BAY

The Chesapeake Heritage Conservancy, Inc. will offer Family Night on the Bay, 5 to 7 p.m. Treat the Family to a night on the Bay on the Skipjack Martha Lewis with pizza, beverages and water ice. Reservations are required. Cost is \$10 per person.

For more information, call 410-939-4078

WEDNESDAY
AUGUST 20
AFTERNOON TEA

The Chesapeake Heritage Conservancy, Inc. will offer an Afternoon Tea Cruise, 2 to 3:30 p.m.,

on the Skipjack Martha Lewis. Tickets cost \$35 per person. Finger sandwiches, scones and savory desserts will be served. Reservations are required.

For more information or to make a reservation, call 410-939-4078.

BOORDY WINE CRUISE

The Chesapeake Heritage Conservancy, Inc. will offer a Boordy Wine Cruise, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The ship will take a 90-minute cruise around the Susquehanna Flats area with wines from Boordy Winery, cheese, fruit, beer and sodas. A representative from Boordy will be onboard to tell about the wines, the winery and to answer any questions. Reservations are required.

For more information or for reservations, call 410-939-4078.

SATURDAY
AUGUST 23
MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 7 to 9 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

FRIDAY
SEPTEMBER 5
MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6:30 to 8:30 p.m.,

on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

WEDNESDAY TO SUNDAY
SEPTEMBER 3 TO 7
OUTWARD BOUND WAR VETERANS EXPEDITION

Outward Bound Wilderness offers veterans expeditions for those who served in Afghanistan and Iraq.

Course Number CEC910 expedition will be held in Leadville, Colo., and includes backpacking and rock climbing in the Colorado Rockies. Under this program, all Operation Enduring Freedom and Operation Iraqi Freedom veterans, including current and former members of the Active and Reserve Components of the United States military, are eligible to participate. It doesn't matter what current military status is (active, inactive, discharged, retired) as long as Soldiers deployed in support of OEF or OIF combat operations while in the military.

For more information or to call an admissions advisor, call 866-467-7651, 8 a.m. to 5 p.m., MST, or visit http://www.outwardboundwilderness.org/email_us.html.

FRIDAY
SEPTEMBER 12
MARGARITA NIGHT

The Chesapeake Heritage Conservancy, Inc. will offer Margarita Night, 6 to 8 p.m., on the Skipjack Martha Lewis. Tickets cost \$40 per person (21 years of age or older). The historical dredger will cruise around the Susquehanna Flats area as margaritas are served and Jimmy Buffet tunes play. Also includes light refreshments and beer. Credit cards are accepted.

For more information or for reservations, call 410-939-4078.

MONDAY
SEPTEMBER 15
STORYTIME CRUISE

Conservancy, Inc. will offer a Storytime Cruise, 6 to 7:30 p.m. p.m., on the Skipjack Martha Lewis. Tickets cost \$10 per person, for ages 3 to 8. Enjoy a sail accompanied with children's stories and snacks. Reservations are required.

For more information, for reservations or to purchase tickets, call 410-939-4078.

THURSDAY
OCTOBER 9
HARFORD COUNTY JOB FAIR

Employers can register now for the Harford County Job Fair, 2 to 6 p.m., Oct. 9, at the Richlin Ballroom, Edgewood. Promotional activities will emphasize out-commuters from the local area along with potential applicants from Fort Monmouth, N.J., who will be affected by the Base Realignment and Closure process. The deadline for registration is Sept. 19. For more information or to reserve a booth, call Stacey Lambert, 410-939-4240, 410-642-6384 or e-mail slambert@swnet-work.org.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Post Shorts

Chapel News

Religious education programs at APG Main Post Chapel

The chapel offers a myriad of religious education programs at APG - classes for children, youth, adults, married couples and singles. Examples include retreats, children's church, sacramental programs, (Baptism, Eucharist, Penance, Confirmation), Bible studies, seasonal events such as "Hallelujah Harvest," St. Patrick celebration, spiritual excursions, "Taste of Home" dinner for Soldiers, music festivals, revivals, Lenten and Advent programs, prayer groups, Catholic and Protestant Women of the Chapel, Protestant Men of the Chapel, and much more.

Visit the Chapel, building 2485, next to the Child Development Center and across the street from Kirk U.S. Army Health Clinic to register any time of year.

For more information call 410- 278-2516/4333.

For Religious Education information e-mail gerri.merkel@conus.army.mil.

Vacation Bible School begins Aug. 4; register now

The last chance for pre-registration for APG Vacation Bible School for all faiths is fast approaching.

VBS is for all children of military and Department of Defense civilian Families ages 5 through grade 6, 6 to 8:45 p.m., Aug. 4 through 8 at Main Post Chapel.

The theme is "Avalanche Ranch," an exciting Bible program with music, crafts, Bible dramas, theater and delicious snacks.

A picnic for all VBS participants and Families is scheduled for 5:15 p.m., Aug. 8 followed by the regular VBS program. Parents are asked to donate small canned or bottled beverages for snack time during

the week. The beverages can be dropped off at the Chapel any time from now until the first day of VBS. There is no other cost for the week-long VBS program.

Sunday Worship schedule

Aberdeen Area

Main Post Chapel, building 2485

Catholic

- Confession 8 a.m.
- Sunday mass 8:45 a.m.

Protestant

- Worship 10:15 a.m.

Gospel

- Sunday School 11 a.m.
- Worship service noon

Edgewood Area

building E-4620

Catholic

- Confession 10 a.m.
- Sunday mass 10:45 a.m.

Protestant

- Worship 9:15 a.m.

For more information, call 410-278-4333.

day of each month and are designed to inform Soldiers, enlisted and officers, of programs and services available to meet the requirements of their educational goals and plans. The briefing also will provide information to help establish or recertify the Soldier's long/short-term education goals.

For more information, call Tressie Stout, 410-306-2042.

New hours for the VTF

The Veterinary Treatment Facility will be open 9 a.m. to 3:30 p.m., Monday through Friday, until further notice.

CBRNIAC offers technical inquiry service

The Chemical, Biological, Radiological and Nuclear Defense Information Analysis Center, or CBRNIAC, provides a technical inquiry service.

The service offers up to four hours of technical analysis service at no cost to authorized users from Department of Defense agencies, other feder-

al government agencies, DoD and federal contractors, state and local governments and emergency response organizations. The service covers the full range of CBRN defense and related homeland security topics.

To take advantage of CBRNIAC's Inquiry Service, complete the "Submit an Inquiry" form on its Web site, <http://www.cbrniac.apgea.army.mil/info/inquiry.php>, or call James M. King, 410-676-9030.

Reminder: Vehicle storage in housing areas

Personnel occupying quarters on Aberdeen Proving Ground are reminded that in accordance with APGR 190-5 and APGR 210-8 it is prohibited to store recreation vehicles, utility trailers and watercraft within the APG housing areas. Vehicles in violation are subject to impoundment at the owner's expense.

(Editors Note: More Shorts can be seen at www.apgnews.apgea.army.mil under Shorts.)

Care Military Services is a program of the Maryland Committee for Children, Inc.

For more information, call LOCATE: Child Care Military Services, 1-800-999-0120.

CPR, AED classes available

Aberdeen Proving Ground Fire and Emergency Services is offering CPR and automated external defibrillator classes on APG.

Two classes will be held 9 a.m. to noon and 1 to 4 p.m., the third Wednesday of each month.

In the Edgewood Area, classes will be held at the Gunpowder Club, building E-4650 in the Osprey Room, on Aug. 20, Oct. 15 and Dec. 17.

In the Aberdeen Area, classes will be held at the Post Theater Sept. 17 and Nov. 19.

Class size will be limited to 30 participants and will be filled on a first-come-first-serve basis. Pre-registration will be required.

For more information or to register, call Raymond Campbell, 410-306-0566, or e-mail Ray.Campbell@apg.army.mil.

Volunteers needed for Retiree Council

The Aberdeen Proving Ground Retiree Council is being revitalized. The purpose of the council is "to provide the commander of Aberdeen Proving Ground, installation commander, Fort George G. Meade, Md., and the U.S. Army an insight into the problems and issues expressed by retirees residing on APG and surrounding areas."

To help accomplish this, the APG Retiree Council is seeking volunteers to serve on the council. Interested parties should send an e-mail with contact information to: ricky.godbolt@us.army.mil or jatraino@aol.com.

Bio-Threat Agents Detection Conference

The Inter-Agency Steering Committee extends an invitation to attend the Third National Conference on Environmental Sampling and Detection for Bio-Threat Agents, Dec. 2 through 4, at the Las Vegas Hilton, located at 3000 Paradise Road, Las Vegas, Nev.

The Department of Defense's Chemical Biological Medical Systems, Joint Project Manager for Biological Defense, and Technical Support Working Group, the Environmental Protection Agency, and the Department of Homeland Security have organized the conference to create a forum for dialogue between

government, industry, academia, and first responders to address critical issues in environmental sampling and biological detection.

Attendees are invited to submit an abstract for oral and poster presentations. This is an excellent opportunity to share research with key decision-makers in the sampling and detection arenas.

To reserve a space, visit <http://www.lvhillton.com/>.

For more information or to register, visit <http://www.sampling-conference.com/>

Phone number for Wildlife and Marine changes

The new telephone number for the Wildlife, Marine and Environmental Law Enforcement Office in the Edgewood Area is 410-436-6181.

Annual Army Science Conference December 2008

The 26th Army Science Conference will be held

Dec. 1 through 4, at the JW Marriott Orlando Grande Lakes, Orlando, Fla., www.asc2008.com. The theme is Transformational Army Science and Technology-Harnessing Disruptive S&T for the Soldier. The conference agenda will focus on autonomous systems, biotechnology, immersive technology, nanotechnology, network science, neuro-science and quantum information science.

For more information, call Jayne Ashe, CMP, TMP Design Corporation, 757-357-4011 or fax 757-357-5108.

No emergency service at KUSAHC

Kirk U.S. Army Health Clinic is not equipped or staffed to provide emergency medical care. Neither the Aberdeen Area nor Edgewood Area clinics should be considered suitable destinations to receive healthcare for a medical emergency.

For emergencies, call 911. APG's EMS service is manned with paramedic-level emergency medical technicians and state-of-the-art equipment to pro-

vide emergency care while en route to local hospitals.

Hours for APG Army Education Center

The new hours of operation for the APG Army Education Center in building 4305 are Monday thru Wednesday, 7:30 a.m. to 4:30 p.m.; Thursday, 1 p.m. to 4:30 p.m.; Friday, 7:30 a.m. to 3:30 p.m.; closed on RDO Friday.

For more information call Tressie Stout, education services specialist, 410-306-2043.

Education Center conducts in-process briefings

The APG Education Center, located in building 4305, second floor, room 213-B, will conduct monthly in-process briefings for Soldiers within their first 30 days of assignment to APG.

The briefings take place 8 to 9 a.m. on the last Mon-



FAMILY, MORALE, WELFARE & RECREATION

Army Ten-Miler announces online lottery for 400 service members

Story by
NANCY BRANDON
Army Ten-Miler Office

Army Ten-Miler officials announced that 400 ATM race entries will be offered to U.S. armed forces service members through a special, online lottery Aug. 11 through 15.

"This is the Army's race and many military personnel didn't know where they would be in October when the race sold out on April 21," remarked Jim Vandak, race director. "We realize that the four hundred military entries will not cover everyone. However, we wanted to do something special for the military and recognize their service to our country."

The military lottery will be conducted online at www.army-tenmiler.com.



Photo by STEPHENIE LTATUM
Runners pack Longstreet at the start of the 10th annual Fort Bragg Army birthday 10-miler on June 9, 2006. More than 1,200 runners celebrated the Army's 231st Birthday by competing in the event.

To register for the lottery, participants will need to have or use an e-mail address with a .mil extension. The Army Ten-Miler

lottery is open to all branches of the armed forces and winners will be randomly selected on Aug. 16. Registrants will be required to

enter a valid credit card but the card will not be charged unless the registrant is selected as a winner.

All registrants will receive an e-mail notifying them if they were selected and a searchable list will be posted on the Army Ten-Miler confirmation page.

All lottery winners will be required to present a military ID to obtain their race packets. All lottery entries are final – no transfers or refunds. Lottery winners can still be drafted onto an existing team for the team competition until Aug. 26.

About the Army Ten-Miler

The Army Ten-Miler is America's largest 10-mile running event. The Army's annual 10-mile race will take place on Sunday, Oct. 5, in Washington, DC.

This unique road race has both its start and finish lines at the Pentagon. Race weekend activities include a two-day race expo, fitness clinics, youth runs, 94.7 the Globe post race party and HOOAH tents from Army installations around the world. The ATM is produced by the U.S. Army Military District of Washington with proceeds benefiting Army [Family and] Morale, Welfare and Recreation, a comprehensive network of support and leisure services designed to enhance the lives of Soldiers and their Families.

The mission of the Army Ten-Miler is to promote the Army, build esprit de corps, support fitness goals, and enhance community relations.

For more information, visit www.armytenmiler.com.

Activities/Events

Bow hunting qualifications

Bow hunting qualifications will be held 5 to 7 p.m., every Tuesday and Thursday in August or at a 3-D Shoot, 9 a.m., Aug. 9, at the bow range now relocated on Boothby Hill Avenue between Combat Drive and Washington Loop.

All first time bow hunters must attend a safety seminar sponsored by the APG Bow Club. Seminars will be held 9 a.m., Aug. 2 and 1 p.m., Aug. 24, at the bow range.

For more information, call Scott Kauffman, 410-306-0572, e-mail scott.kauffman@us.army.mil.

kauffman@us.army.mil, or visit www.apgbowmenclub.com.

Cruisin' on the Atlantic and casino trip

Kick back and relax as passengers enjoy the morning sea breeze aboard a 65-foot yacht. Enjoy a one-hour narrative cruise along the Atlantic City shoreline then head out to the casinos. Everyone will receive a \$15 slot card and a buffet coupon. The cruise and casino trip will take place Aug. 17. Cost is \$48 per person and includes roundtrip bus transportation. The bus will depart

the Edgewood Best Western 7:50 a.m.

York County Fair (Grandparent's Day)

Treat the grandparents to a day of midway games, local and Amish food and fun. End the day at Cracker Barrel Sept. 7. Cost is \$37 per person. Bus departs Golden Ring Terminal at 9:10 a.m.

Contact FMWR Leisure Travel Services for more information at the AA Recreation Center, building 3326, calling 410-278-4011/4907 or e-mailing mwr_registration@apg.army.mil.

SKIES Unlimited

For more information or to register for a SKIES Unlimited class, call the Central Registration Office, building 2752, 410-278-7571/7479. Open to all DoD ID card holders. For an appointment, e-mail stacie.umbarger@conus.army.mil.

Children learn to cook healthy meals

A 'Kids in the Kitchen' program where children make themselves dinner and learn cooking basics is being held at Super Suppers, Route 40 in Havre de Grace, 1 and 5:30 p.m. for two hours each, Aug. 8. Cost is \$20 per student.

Taekwondo classes offered

Taekwondo promotes discipline, as well as muscle toning and conditioning. Classes will be held at the Aberdeen Youth Center, building 2522, Monday and Wednesday, Sept. 15 through Oct. 8, and Oct. 20 through Nov. 12, 5:30 to 6:15 p.m. (ages 6-11) \$65 per student and 6:30 to 7:30 p.m. (ages 12-18) \$75 per student.

Students must wear a white T-shirt and sweat pants.

Open to all DoD ID card holder family members.

Driver's Ed

Driver's education classes are conducted by Rules Driving School, Inc. Monday thru Thursday, 6 to 9:15 p.m. (Classes are also available 2:30 to 5:45 p.m.) During the summer schedule classes will only be offered 2:30 to 5:45 p.m. There are no classes on federal holidays.

Classes are held in Aberdeen at the Community Center, 34 N. Philadelphia Boulevard, room 304, Aug. 4 thru 19. For more information about the Edgewood Area class, call 410-278-7571.

Class includes 30 hours of classroom

instruction and 6 hours of behind-the-wheel instruction.

Cost is \$295 per student. Last day to register for the class is one week prior to the first class. Students must be between 15.9 and 18 years of age. Parents must attend the first day of class. Open to all DoD ID cardholders.

SAT preparation

Child and Youth Services will hold Scholastic Aptitude Test preparation classes, 8 a.m. to 3 p.m., Aug. 4 through 8, at CYS Administrative Offices, building 2752 Rodman Road for students in grades 9 through 12.

Students can be a step ahead for the SAT. Classes will assist students in sharpening the verbal skills needed for being successful when taking the SAT. The class also prepares students for the SAT math exam, covering basic math skills including algebra and geometry.

Classes cost \$170 per student which includes textbooks and are open to all DoD ID card holder Family members.

To register or to make an appointment, call the Central Registration Office, 410-278-7571/7479.

For more information, call 410-278-4589 or e-mail Stacie.umbarger1@conus.army.mil.

Free babysitting course

Become a certified babysitter after taking the free 4-H/Army Child and Youth Services babysitting class for ages 13 and older. The class will be held 8 a.m. to 4 p.m., Aug. 19 and 20, at Child and Youth Services, building 2752. The objectives are to familiarize participants with the responsibilities of babysitting. This class is open to all DoD ID card holders.

Upcoming CWF events

Trip to Broadway

The Civilian Welfare Fund is offering a trip to New York City, Aug. 23, to see the Broadway show, "Spring Awakening," at 2 p.m. Do not miss this hot winner of eight 2007 Tony Awards, including Best Musical. There will be time to shop, sightsee and have lunch

prior to the 2 p.m. show. The trip costs \$150 per person and includes round trip charter bus service and ticket for the show. The show contains adult content and is not appropriate for children.

For more information or for reservations, call Patti Harkins, 410-278-4603.

The Course at APG



GOLF SPECIAL

Open to Authorized users and Harford County residents.

Paid advertisement

July 1 thru September 30, 2008

Save and Play the Golf Courses at Aberdeen Proving Ground:

Ruggles Golf Course: \$30
Exton Golf Course: \$20

Monday thru Friday (weekends after 2:30 p.m.) Includes greens fee with cart

****Must present coupon for special; coupon not valid with any other discount; cut here or go to www.apgmwr.com for coupon**

Eligible patrons are: active duty military, retirees, veterans, DoD civilians, APG contractors and Harford County residents.



For more information
call 410-278-4794
or 410-436-2213



www.apgmwr.com

Employment Readiness Program offers free classes

Effective Customer Service

Aug. 6, 11 a.m.-1 p.m.

This class addresses the simple yet crucial skills needed to ensure a positive interaction when assisting a caller or customer. The class is recommended for those working in various fields such as: human resources, public relations, customer complaints, front desk reception, sales, information and referral or intake services.

Resume Writing

Aug. 7, 11 a.m.-1 p.m.

This workshop will provide information on how to create an effective resume and offer advice and instruction to ensure major selling points are highlighted and captured. Refine content, layout and structure of the resume for that professional edge. Bring a copy of a current resume.

Computer Basics Class

Aug. 7 – 30, Thursdays, 6-8 p.m.

This hands-on class is designed for those with little or no background in computers. Learn the basics skills needed to operate a computer.

Interviewing Techniques

Aug. 12, 11 a.m.-1 p.m.,

Aug. 19, 11 a.m.-1 p.m.

This class teaches participants how to

make a positive impression in the interview, answer questions effectively, ask questions that show interest, and how to follow up after the interview in order to stay in the running for the job.

Computer Basics Class

Sept. 9 -18, Tuesday and Thursday, 6-8 p.m.

This hands-on class is designed for those with little or no background in computers. Learn the basics skills needed to operate a computer.

Seating is limited. Must register at ACS. For more information call Marilyn Howard, 410-278-9669 / 7572

Smart Start Your Business

All sessions 11:30 a.m. – 1 p.m.

ACS classroom, Aug. 27, Sept. 24, Oct. 22, Nov. 19.

This class is sponsored by APG ACS Employment Readiness Program in partnership with Aberdeen Proving Ground Federal Credit Union and HCC SBDC. This 90-minute orientation program provides an overview of the ways to start a business, the skills and duties of a successful entrepreneur and how to write a strategic business plan. Other services offered by the SBDC are also discussed.

RSVP by calling Marilyn Howard, 410-278-9669/7572. Space is limited.

APG Bowling Center Snack Bar specials

Building 2342

Week of July 28

Special #1: Six butterfly shrimp, french fries, coleslaw and soda for \$5.95.

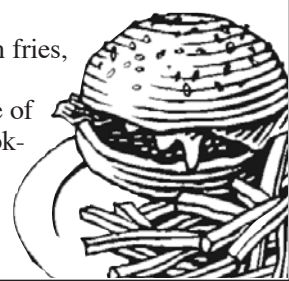
Special #2: Nine wing dings or wing zings (no mixing), french fries, cookie and soda for \$5.95.

Week of August 11

Special #1: BBQ pork sandwich on hamburger bun, french fries, cookie and soda for \$6.85.

Special #2: Turkey club sub with bacon and cheese, choice of mayonnaise, lettuce, tomato, pickles, onions, potato chips, cookie and soda for \$5.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Planning for civilian retirement

CPAC

For anyone preparing to retire, the Army Benefits Center-Civilian strongly recommends submitting a retirement application package to them within 90 to 120 days of the intended retirement date. "You are also strongly encouraged to obtain an annuity estimate from ABC-C prior to retirement," said Teri Wright, CPAC.

To obtain an estimate, call the ABC-C at 1-877-276-9287. "Your early submission will help to ensure a timely receipt of your first annuity payment from the Office of Personnel Management. If you submit your retirement package to the ABC-C with less than 60 days notice, you should be financially prepared for a delay in the receipt of your first annuity

payment," she said. Although there are circumstances that may cause a delay in an employee's application submission, the ABC-C strives to complete all packages expeditiously. "Employees are encouraged to follow the ABC-C's 90 to 120 day recommendation whenever possible to help achieve a smooth financial transition into retire-

ment," Wright said. For more information about retirement, visit the ABC-C Web site <https://www.abc.army.mil>, and check out the Guide to Retirement at <https://www.abc.army.mil/Information/ABCRetirement/Information/RetirementGuide.doc>. For more information, call Wright, 410-278-4331 or e-mail teri.wright@us.army.mil.



Deployment News

APG thrift shop provides clothing for Iraqi Children

Story by
RACHEL PONDER
APG NEWS

The Susquehanna Chapter of the Military Officers Association of America and the local chapter of the Alpha Phi Alpha Fraternity recently requested a clothing donation from the Aberdeen Proving Ground Thrift Store for Iraqi children, after receiving an appeal from Capt. Glen L. Young, who is stationed at Camp Taji, Iraq. The APG Thrift Shop selected hundreds of pounds of assorted children's clothing to give to the MOAA and Alpha Phi Alpha members. "The response was overwhelming," said retired Lt. Col. Monroe Manning, a member of the Susquehanna Chapter of MOAA. After receiving the clothing, MOAA and the Alpha Phi Alpha then boxed nine large cartons of baby and small children's clothing with a shipping weight of approximately 457 pounds and mailed them. "The APG Thrift Shop is here to help in any way we can to the military community," said Fran D'Antonio, APG Thrift Shop assistant manager and bookkeeper. D'antonio said that Young has been advised that the shipment is on the way and that he sends "thanks" from the Iraqi children to MOAA, Alpha Phi Alpha and the APG Thrift Shop.



MOAA member, Van Jones, stands by a van full of donated clothing from the APG Thrift Shop for children in Iraq.



Photo by FRAN D'ANTONIO
Retired Lt. Col. Monroe Manning, of the MOAA, shows off boxes of donated clothes for Iraqi children from the APG Thrift Shop.



Mark Balman, a clerk with the Post Office in the City of Aberdeen, prepares packages of donated clothes for shipment.

AAFES NEWS

AAFES shoppers to receive A+ savings in back to school 101

AAFES

Students (and parents) from Kaiserlautern, Germany, to Fort Knox, Ky., are readying for the return to school. A major part of prepping for the new year will include back to school shopping and the Army & Air Force Exchange Service is ready to help military Families get back to class, for less. "Clothes, school supplies and even electronics are, of course, tax free everyday at the exchange," said AAFES' Chief Marketing Officer Richard Sheff. "While numerous states have begun instituting 'tax holidays,' military shoppers aren't subject to the restrictions and limited savings opportunities associated with these one-time offerings as 'no tax' shopping is available year round at their nearest BX or PX. In fact, this year AAF-

ES facilities in states with 'tax holidays' will match local sales tax percentage discounts during these time frames, by category, to help ensure BXs and PXs are delivering the 'extra credit' military shoppers have come to expect." AAFES locations in Alabama, Connecticut, Georgia, Iowa, Louisiana, Massachusetts, Missouri, New Mexico, North Carolina, Oklahoma, Tennessee, Texas, Virginia and Washington D.C. will effectively double the exchange's tax-free benefit, offering an additional percentage off (equivalent to the local sales tax rate) to the already low AAFES prices. For example, an Airman buying an item on the Virginia Department of Taxation's list of tax-free items during the

first three days of August (Virginia's designated "tax holiday") at the Langley Air Force Base BX will see an additional 5 percent (Langley, Virginia's sales tax rate) discount on all qualifying items. In addition to taking extra measures to strengthen the exchange benefit in "tax holiday states," BXs and PXs have begun rolling out discounts on this year's "must have" fashions and supplies. These special buys moved to the head of the class July 25 as a 24-page circular chock full of discounted lunch boxes, backpacks, shoes and more hit AAFES exchanges across the globe. The mathematics lesson in smart shopping will continue through August as laundry bags, storage containers and anything else a student may

need to get back to school not only will be "tax free," but discounted up to 40 percent. "AAFES' buying staff has done its homework over the past year and we're ready to pass the savings lessons on to military Families," Sheff said. "Even though we've crammed to deliver the best 'back to school' shopping experience possible, we're always prepared to match the lowest local price to ensure authorized shoppers are getting the best value for their 'back to school' dollars." Additional details concerning AAFES' "We'll Match It!" program (<http://www.aafes.com/docs/price.htm>) as well as links to upcoming "back to school" sales and specials (http://odin.aafes.com/this_week/default.asp) are available at www.aafes.com.

WRAMC

From page 2

called the new television system a "living, interactive concierge" for patients "to feel connected and to make choices." In addition to e-mail, Internet and entertainment uses, Ryan said the system puts information about hospital and guest services, dining facility hours and more at their fingertips. Ryan said it all started four years ago when Gregg Porter, garrison information management officer, introduced the idea of interactive TV. At that time, some patients expressed their frustrations with access to the Internet and entertainment. Department of Defense network security regulations limited access for patients and prevented them from using their own personal computers in the hospital, according to Ryan. After the project received

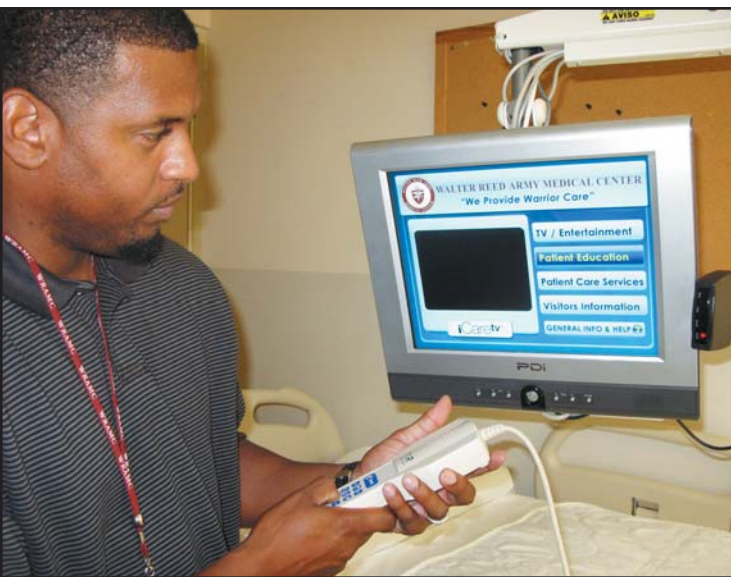


Photo by SHARON TAYLOR CONWAY, STRIPE STAFF WRITER
Joe Belton, WRAMC TV broadcast engineer, demonstrates the new patient interactive television system using a "pillow speaker." The interactive TV system also has a wireless keyboard that allows patients to type e-mails.

the green light, Porter worked together with Ryan and Bill Hatcher, former hospital information management officer. Joe Belton, WRAMC-TV broadcast engineer, oversaw the four-month installation process for the new system earlier

this year. Belton said the Internet service for the patient interactive television system runs on a separate network instead of the WRAMC network. "Most Soldiers are happy with [the patient interactive television system] because

it gives them more to do. The only complaint there might be is that the computer isn't as robust as their computer at home. It doesn't have all the memory, processing power of a regular computer," said WRAMC-TV Chief Mike McAtee. Plans are "in the works" to enable patients to hook up their own video game systems to the hospital's interactive system, according to McAtee. His department is still gathering information on the process. No definite date was given. Although interactive TV was installed initially for patient use, staff members can also benefit from the new system, McAtee said. "They'll have the ability to videotape messages, training, informational programs that they deem necessary for the ward and put it onto the system so it's there. No request yet but the capability is there." (Editor's note: Reprinted with permission from the editor of Stripes.)

In Memoriam: Staff Sgt. Shawn Kenneth Klein

Story by
ROGER TEEL
USAOC&S

Members of the U.S. Army Ordnance Center & Schools said farewell to one of their own during a solemn memorial service for Staff Sgt. Shawn Kenneth Klein at the APG Theater July 22.

Nearly 600 Soldiers, civilians and friends paid their last respects to an enigmatic Ordnance Soldier/instructor/leader who passed away on July 14.

Those closest to him gave heartfelt recollections of how Klein impacted their lives. A tearful Pvt. Torre Gavin, an Advanced Individual Training student representing her entire class, told those in attendance how Klein made each of them feel appreciated and how he loved being their Platoon Sergeant.

Staff Sgt. Claude Turner recalled Klein’s warm friendship and sense of humor, and how Klein loved Volkswagens.

Tributes by 16th Ordnance Battalion

Commander Lt. Col. Stephen T. Cheng and Company C Commander Capt. Jeremiah I. Starr reflected on the quality of Soldier they saw in Klein, how he was “one of the best.”

16th Ordnance Battalion Chaplain (Capt.) Kurt O’Donnell led the service in prayer and Company C First Sgt. Carlos M. Sobalvarro read the unit’s Last Roll Call. The 16th Ordnance Battalion’s Firing Party fired in honor of Klein before Taps was played.

A veteran of 15 years, Klein was initially trained as a power generation equipment repairer.

He was awarded the Meritorious Service Medal posthumously and served on multiple combat tours.

Klein is survived by his wife, Daniela, and his two children, Damian and Cassandra. Mrs. Klein and her two children sat in the front row along with other relatives and personal friends at the Memorial Ceremony.



APG Forum

Commentary: Pentagon survival manual offers insight, for a price

By
THERESE MANCEVSKI
Special contributor

The extent of my prior knowledge concerning the Pentagon was limited to the following few tidbits of information: 1) According to my 11th grade American Government teacher, the building is an architectural marvel. 2) According to my 8-year old daughter, it’s a five-sided geometrical figure that resembles a house. 3) According to my own meandering mind, I’d say that if the military world could be described as a corporeal entity, the Pentagon would serve as both its heart and brain.

Not quite the imagery Maj. Gen. Perry M. Smith and Col. Daniel M. Gerstein use to describe the place or the people that work there. In the fourth edition

of “Assignment Pentagon: How to Excel in a Bureaucracy,” the authors prefer to employ a less sentimental and probably more realistic analogy that includes ants afloat on a rolling log that keeps moving steadily down a stream.

As two former Pentagon employees themselves, Smith and Gerstein are more concerned with acquainting readers with the nuts and bolts issues of the place than with its importance in American history. As a result, the target audience for the book is clear: the authors direct their commentary towards officers who are preparing for a Pentagon assignment, and not a more general reader. Smith and Gerstein are primarily interested in creating a smooth transition from the field to the foyers for those officers, and

while those intentions are clear, the effect it produces on us laypeople is somewhat less than thrilling.

Not that “Assignment Pentagon” doesn’t offer interesting information and insights on the world inside the Pentagon’s walls, I was surprised by the amount of responsibility and power even the most junior positions in “the Building” possess. Additionally, I found the authors’ willingness to address some of the less than glamorous aspects of the Pentagon—everything from corruption and bad bosses to interagency rivalries and power struggles—refreshingly straightforward and honest.

The book doesn’t escape the common pitfalls usually associated with textbooks, however. Is the reading dry? Yes. Will readers periodically catch themselves

flipping through pages to see how much more reading they’ll have to do? You bet. And is the tone of the book monotonous and boring? Well, duh. It’s a manual, not Shakespeare.

If you are required to read “Assignment Pentagon” or just enjoy reading about the military’s policy-making process, Smith and Gerstein deliver a top-rate read. If, on the other hand, you could care less about things like the Goldwater-Nichols Act of 1986, ancestry-style charts that break down the chain of command in the Secretary of State’s office, and what expressions like “Don’t break my rice bowl,” or “Whip it on me” mean inside the Pentagon, you might want to consider picking up a nice generalized tour guide instead.

Commentary: Making voting easy

By
MAJ MATHIEW PETRAITIS
USAGAPG HHC

With the primary elections completed and general election campaigns under full swing, it’s more important than ever that all Soldiers and Family members do their part and vote. Up to now we’ve had a lot of success answering questions and helping people file their absentee ballots, and are prepared for the upcoming Presidential elections in November. Whether you need to vote in state or file an absentee ballot, it’s easier than you think.

If you’re voting as a Maryland resident, you can pick up a registration form at any U.S. Post Office.

For those registering out of state, visit www.fvap.gov, scroll to the bottom of the page and click on “Publications and Forms.” Clicking on “About On-Line Version of the FPCA” will give you information about the form, and clicking on “Actual Form” will bring up the absentee ballot that you can type in and save.

There will be a link on the APG homepage called “Voting Assistance 2008” that will have the link to the voting Web site, as well as useful information about registering and absentee voting deadlines for each state.

If you would like to schedule Voter’s Assistance Training for your unit or have any questions about voting, contact me or 1st Sgt. Larry C. Tyson in the garrison Headquarters and Headquarters Company, 410-278-3000.

KUSAHC commander talks customers, BRAC

Story by
YVONNE JOHNSON
APG News

Shortly after assuming command of the Kirk U.S. Army Health Clinic, Lt. Col. James M. Nold said he is focused on the future challenges of supporting Aberdeen Proving Ground customers and missions.

Nold comes to APG from Fort Bragg, N.C. and the Joint Special Operations Command. Over a 26-year career he’s earned the Army’s Air Assault, Airborne and Expert Field Medical badges as well as the Navy’s Scuba Diver Badge and Special Operations Diving Medical Officer badge among others. He served two tours in Afghanistan earning the Afghanistan Campaign Medal along with the Global War on Terrorism Expeditionary and Service medals.

Nold said that he entered the military “right after high school” and that he was determined to do all he could to enhance his skills.

“I admired the military way of life and the camaraderie among Soldiers,” Nold said. “Everything since then has been a challenge for me, especially since [the 9-11 terrorist attacks.] Everyone who raised their hand since then is a hero.”

He said that as the KUSAHC commander he would like to see the clinic maintain consistency as “a place where people receive safe, effective care.”

“We have to ensure we take care of the Soldier, retiree and their Family members and support the unique missions of this installation, while positioning the clinic for the future,” he said, adding that military health care

facilities are microcosms of their civilian counterparts and that they share common problems such as long pharmacy waits and personnel shortages.

“I’m in competition with civilian resources to provide quality service,” Nold said, adding that he is focused on KUSAHC’s pharmacy wait time as a first step toward correcting health care for the future of APG.

“I just want to improve the pharmacy experience,” he said. “I’m very dissatisfied with its functioning.”

He said that he sat down in the pharmacy waiting area as a patient and “saw some very unhappy people.”

“I asked them to please be patient, we are working on a solution,” Nold said.

“With BRAC in the equation, the decisions we make now

will shape how we provide health care for many years to come,” he said, adding that a new pharmacist is expected within two weeks, which should help the problem.

He said that Col. Jeffrey S. Weissman, APG Garrison and deputy installation commander, is “making sure that he and other commanders are informed and seeking the same goals in regard to BRAC and the APG 2012 vision.

With that said, Nold said his role as director of health services for the Aberdeen and Edgewood areas is ensuring people have access to the services they need.

“If we can’t provide the service here, we work with network partners to fill in the gaps for those who need a rheumatologist, for example,” he said.

The main thing about com-

ing from a big hospital to a small clinic is the difference in missions, he added.

“Smaller doesn’t mean less important, just different,” he said, “And in some ways, it can be more challenging. For example one person getting sick, can have a larger effect, and with smaller operations, people tend to help each other a lot more,” he said.

“I’d like to make the point that I’m still a practicing physician, specializing in emergency medicine,” Nold said. He said he wants to be proactive in his command and plans to prepare statements and other information for the APG News to keep in touch with the community.

“I hope to tell people what I am going to do for them,” he said. “I’m a Soldier and I want to take care of Soldiers.”

Nold

From front page

Family to APG, Cummings remarked that command doesn’t come automatically and that Nold’s record “indicates a pattern of loyalty and dedication.”

“I’m confident his leadership will provide consistent, quality health care,” she said. “Our warriors and their Families deserve nothing less.”

Rice said that APG was “blessed with health care professionals who take their jobs very seriously.”

“You are embarking on a great journey, chock full of challenges,” he told the Nold Family.

“Lastly, to the Kirk Family,” he said, “thank you for allowing me to enter your world and for the loyalty you displayed.”

Nold said he consid-

ered it “a great privilege to assume command of Kirk U.S. Army Health Clinic.”

He added that he had followed Rice through two previous assignments and jokingly asked him to choose his next assignments carefully.

Addressing the men and women of KUSAHC, he said, “We are here to serve and continue to provide consistent health care and to meet our unique mission while preparing for the future. We need for each of us to selflessly meet the needs of our patients. They need more than your skill, they need your time and compassion.”

Prior to the ceremony Cummings awarded Rice the Army Meritorious Service Medal and presented Claire Rice with a MEDCOM certificate of appreciation.

During the ceremony, Sgt. 1st Class Wendy M.

Daugherty served as senior medical noncommissioned officer and Maj. Shannon Jones served as commander of troops assisted by Sgt. 1st Class Eddie Little. Garrison chaplain (Col.) Ruben Colon Jr. delivered the invocation.

Lt. Col. James M. Nold

Nold is a native of Madison, S.D. He holds a bachelor degree and doctorate from the University of South Alabama and he completed his Transitional Internship at Brooke Army Medical Center and his Emergency Medicine Residency at Madigan Army Medical Center.

He completed the U.S. Army-Baylor University Master of Health Care Administration Program and is board certified and a fellow of the American College of Emergency Physicians and the American College of Healthcare



Prior to the Kirk U.S. Army Health Clinic change of command ceremony July 11, Col. Laurie A. Cummings, commander, Fort George G. Meade MEDDAC, left, pins the Meritorious Service Medal on Col. William A. Rice, outgoing commander, as his wife Claire and daughter Amanda look on.

Executives.	3rd Special Forces Group (Airborne); Bagram, Afghanistan; 82nd Aviation Brigade; Kandahar, Afghanistan; Womack Army Medical Center.
His previous assignments include Winn Army Community Hospital; U.S. Army Medical Command;	Nold and his wife, Pamela, have two daughters, Taylor, 15, and Morgan, 13.

Book

From page 2

were also some feelings of anger because we thought we were on a peace-keeping mission. The fear came much later-for me, it came the next morning.

Q: What are your overall feelings now looking back at that day, and the days following the ambush?

A: I do not consider that day a defeat

by any means, especially considering that we were only in Iraq for a few days before the ambush. I think that we worked well together, exhibited teamwork. The ambush lasted about 24 hours. The leadership of the battalion kept us going, we had to carry out our mission.

Q: How many American Soldiers died on April 4?

A: Eight great Americans died that day. (More than 60 were wounded.)

Q: Were you wounded on April 4?

A: A bullet hit my vehicle, and I

received a gunshot wound on my triceps and the upper back. I think everyone in my vehicle was wounded. Some wounds were very bad and the Soldiers were evacuated to Germany or the United States to recover and some recovered and were able to fight the next day. When I was shot, it hurt, but it hurt more the next day.

Q: When were you able to come home?

A: March 2005.

Q: Do you consider yourself a hero?

A: I think that “The Long Road Home”

is filled with heroes, some of the Soldiers were exposed to far more than I was, and they did things to save lives and thereby save their own lives, that was just unfathomable. I don’t consider myself a hero. Hero is a lofty term, I was doing my job. From my perspective, things that I did on that day and subsequent days- I think most Americans put in that position would do similar actions. I think I did it as confidently and professionally as my Soldiers expected, but I don’t consider that a heroic action.



Health Notes

Heat illness a top threat to Soldier health

Story by
MARY KATHERINE MURPHY
U.S. Army Center for Health Promotion and Preventive Medicine

Heat related illnesses are one of the biggest problems that Soldiers face during training.

In 2007 there were 329 cases of heat stroke and 1,853 cases of heat exhaustion among active duty, non-deployed service members, according to the Armed Forces Health Surveillance Center.

Soldiers and leaders must take appropriate precautions and be on the lookout for warnings. The key to preventing heat illness is to be well informed and observant of others when in hot and humid environments.

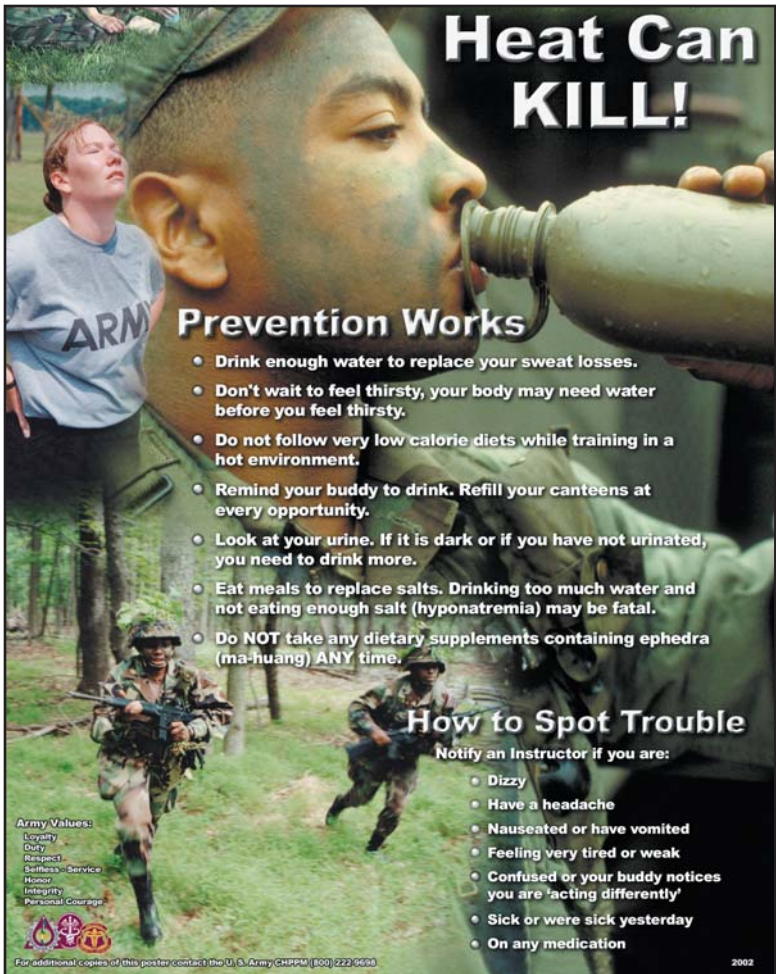
“Despite the fact that heat injuries can develop into life-threatening conditions, with appropriate training and vigilance on the part of the leadership and individual Soldiers, heat injuries can be prevented,” said Col. David Mukai, an occupational medicine physician at the U.S. Army Center for Health Promotion and Preventive Medicine.

Heat-related conditions

Heat rash is a skin irritation caused by excessive sweating. It contributes to decreased evaporative cooling. It can be avoided by keeping skin clean/dry and wearing loose fitting clothing.

Heat cramps are muscle pains or spasms that happen especially during heavy exercise. They can be avoided by staying hydrated, eating properly to keep electrolytes balanced and being acclimated to the environment.

Heat exhaustion is a potentially serious illness that is caused by working too hard in hot weather. Symptoms include heavy sweating, rapid breathing, mild confusion, uncoordination, and fast or weak pulse. It can be avoided by using appropriate work/rest cycles, keeping hydrated and being acclimated to the environment. Treatment for heat exhaustion includes removing the affected Soldier from train-



ing and allowing rest in shade. The Soldier should loosen clothing and take sips of water or a sports drink. Heat exhaustion can become heat stroke.

Heat stroke is a life-threatening illness caused by overexertion in hot weather. The body temperature may rise above 106° F in minutes. Symptoms look like heat exhaustion and include hot skin with or without sweating; rapid, strong pulse; and dizziness. Symptoms may progress to seizures or severe delirium.

Heat stroke can be avoided by using work/rest cycles and staying hydrated (drinking water before feeling thirsty). Treatment for heat stroke includes all treatments for heat exhaustion along with cooling the person's body down as quickly as possible. This is done by using ice sheets (cloth dipped or kept in ice water) placed directly on the skin.

“While heat exhaustion is the more common heat illness and

is not associated with injury to the internal organs, heat stroke is a genuine medical emergency and can produce catastrophic multi-organ damage,” according to Mukai.

Emergency personnel should be called immediately if symptoms—also including confusion or loss of consciousness, frequent vomiting, shortness of breath or trouble breathing—occur.

What Soldiers should know

Prior heat injuries increase the likelihood of heat illness in the future. Drinking alcohol causes dehydration and makes Soldiers susceptible to heat illness. Any kind of skin problem, such as heat rash, sunburn or poison ivy, causes sweat glands not to work properly, which can contribute to heat illness by hindering evaporative cooling. Soldiers that are over the age of 40 carry a higher risk.

As well, certain medications can disrupt the body's heat reg-

ulation mechanism. Medications such as antihistamines, decongestants, blood pressure medications, diuretics, beta blockers and supplements made with ephedra may predispose Soldiers to heat injuries.

Soldiers should drink water frequently, but not exceed 1-1/2 quarts per hour or 12 quarts per day. Overhydration, a life-threatening condition, can occur by drinking too much water and not eating enough to replace salts. Symptoms of overhydration mimic those of heat stroke. Another sign of overhydration can occur if a Soldier has been drinking consistently and vomits after drinking water. Enforce battle-buddy checks; be aware of each other's eating, drinking and frequency of urination.

“Urine color can indicate if you need to drink more water,” said Shawn Bowman, chief of CHPPM's health information operations division. “Urine color should be between light yellow and clear.”

Bowman's staff has developed a poster and a tip card to help Soldiers prevent heat-related illness.

“These items were developed in response to feedback from troops in Iraq and Afghanistan,” he said. “They help to prevent heat-related illness by determining hydration status simply by observing urine color.” said Bowman. (The card and poster can be ordered from the CHPPM website, http://chppm-www.apgea.army.mil/hio_public/orders.aspx.)

What leaders should know

Heat stress is cumulative; Soldiers are at a greater risk of falling victim to heat stress if they have experienced high levels of heat for several days, said Thomas McNeil, a food safety and environmental health expert at CHPPM. Heat acclimatization is key to a successful mission in a hot environment. Leaders should have their Soldiers gradually increase time and exertion level over a two-week period.

Leaders should always do a daily heat assessment. In this

assessment the leader takes into consideration the heat category for the last several days. If Soldiers were subject to high temperatures the day before, they are more likely to become sick even in the presence of lower temperatures. Leaders also must remember that Soldiers have individual risk factors that can make them more susceptible. Soldiers who are not physically fit, have a high body-mass index, have not completed acclimatization or have minor illnesses are more susceptible to heat illness.

Leaders have the ability to prevent heat illness before it happens by keeping a close watch on Soldiers. At no time should milder heat illnesses become heat stroke. This can be insured by leaders who anticipate problems and plan for active and rapid care. Leaders must familiarize themselves with policies and the signs of heat casualties. They can find helpful information on the CHPPM Web site at <http://chppm-www.apgea.army.mil/heat/>.

Heat illnesses are also a risk in some deployed environments.

“In the current warfare that we are involved with, it is important to be able to prevent heat injuries and keep the Soldiers well hydrated and active without jeopardizing the mission or causing undue injuries,” McNeil pointed out.

There were fewer hospitalizations of both heat stroke and heat exhaustion in 2007, according to the Armed Forces Health Surveillance Center.

“This shows that the Army program of training and the doctrine have worked very well for the individual Soldier,” said McNeil.

This decrease can continue if Soldiers and leaders continue to use prevention techniques and safety measures.

For additional information, review “Heat Stress Control and Heat Casualty Management,” <http://chppm-www.apgea.army.mil/documents/TBMEDS/tbmed507.pdf>.

Commentary: Nutrition tips for a road march

Story by
LT COL DANNY JAGHAB AND BETHANN CAMERON
CHPPM

Are you a Soldier who is getting ready for a road march? What you eat and drink before, during and after road marching has a big impact on your performance.

By following some simple guidelines, you can use nutrition to take your road marching to the next level.

A pre-road-march meal should be eaten three to four hours before a road march. It is more practical to eat a light meal one hour before a road march that is high in carbohydrates, moderate in protein and low in fat.

A good goal for a pre-road-march meal is to consume 100 grams of carbohydrates and 16 to 32 ounces of fluid. One large bagel with one tablespoon of light cream cheese along with 16 ounces of orange juice is an example of a pre-road-march meal that is high in carbohydrates, moderate in protein and low in fat.

Try out new foods during the initial buildup phase of a road march to make sure that you tolerate them well.

During a road march, Soldiers must stay hydrated. Drinking 4 to 8 ounces of fluid every 15 to 20 minutes from the start of your road march will help prevent dehydration. Start drinking before feeling thirsty. If dehydrated, it can take longer and be more difficult to rehydrate. When road marching in hot weather and/or while wearing full combat gear, you may need more than 8 ounces of fluid every 15 minutes. During exercise, a person has greater sweat loss. Drink a cool fluid that tastes good during exercise. Cool fluids leave the stomach more quickly and can help regulate body temperature. Your fluid intake should match your sweat rate.

Maintain your endurance during long road marches by consuming 30 to 60 grams of carbohydrates per hour. This is a must if road-marching for longer than 90 minutes. Consuming carbohydrates during prolonged exercise spares your body's glycogen stores, or stored energy, allowing you to go further before becoming fatigued. Consuming carbs during exercise also helps keep you in the game mentally and prevent low blood-sugar levels. Low blood-sugar may cause you to be irritable, light headed or have difficulty

concentrating.

There are several ways to take in 30 to 60 grams of carbohydrate. Sports drinks are a good way to intake both carbs and fluid, but depending on how long your road march is, it may be difficult to carry enough sports drink to meet all of your energy needs.

Some road marchers eat hard candy, which supplies carbs but not electrolytes like sodium and potassium that Soldiers need when sweating heavily. Eating candy also may alter thirst, causing less intake of fluid. If eating candy, take extra measures to get enough fluid. Set your watch to beep every 15 minutes to remind you to drink. Consuming a sports beverage in addition to the candy can replace electrolytes, too.

The post-road-march meal is very important because consuming adequate fluid and food immediately after a road march can help you recover more quickly.

The first goal for a Soldier is to rehydrate. A good rule of thumb is to consume a pint (2 cups) for every pound lost during exercise. The second goal for recovery nutrition is to replenish your carbohydrate or glycogen (energy) stores. Failure to adequately replenish your glycogen stores can result in your legs feeling stale or heavy during your next workout. Routine failure to replenish your glycogen stores can result in chronic feeling of fatigue. By consuming carbohydrate-containing beverages, such as fruit juice, sports drinks, milk or a meal replacement drink, you take care of both goals at once.

The timing of your post-road-march meal is very important, especially if you are working out more than once a day. The first 60 to 90 minutes immediately following exercise are key. It takes approximately 20 hours for you to replenish your glycogen stores. Just a two-hour delay in consuming carbohydrates can reduce the amount of glycogen your body stores by almost 50 percent.

It's up to you, the Soldier, to make healthy choices for a road march. Be hydrated and get the proper nutrition to prepare, sustain and recover. (Editor's note: Jaghab is a nutrition staff officer, and Cameron is a health educator at the U.S. Army Center for Health Promotion and Preventive Medicine.)

Water bottle scare might just be hype

Story by
JOHN NEVILLE
Turret Staff Writer

Soldiers drink water, and lots of it.

Just about every troop has been required to attend a hydration formation—a mandatory meeting of troops who down at least one canteen of water under the watchful eye of a platoon sergeant.

Unless they're working their way through basic training or they're in the field, most Soldiers drink from refillable, hard polycarbonate plastic bottles that can be purchased for a few bucks at just about every grocery store.

But a chemical used in the molding process of the polycarbonate bottles has come under criticism lately. Some studies have suggested that bisphenol-A, a chemical building block used in the molding process, can disrupt the human endocrine system, affecting development and possibly causing some cancers.

An article that recently appeared in the magazine Environmental Talk advises consumers not to use plastic, refillable bottles made of the polycarbonate plastic.

“Since BPA (bisphenol-A) has been linked to low sperm counts and an increased risk of breast and prostate cancer, scientists suggest avoiding reusable bottles made from plastic,” the May 6, 2008, article said. “They also raise serious concerns about the potential for other plastic chemicals to leach out of typical bottles, especially if they sit in the hot sun.”

But an expert on the endocrine system at a local university is skeptical of such studies.

“The endocrine system is the hormone system for the body,” said Harrell Hurst, a professor of pharmacology and toxicology at the University of Louisville. “The question becomes at what level (hormones) can begin to disrupt cycles, and how much is available out of water bottles.”

While Hurst doesn't deny that some level of bisphenol-A does leach from plastic bottles, he is skeptical of the studies suggesting the level poses any danger to humans. Hurst said he bases his doubt on the way scientific data is twisted and manipulated.

In typical studies dealing with potentially harmful substances, researchers

often inject chemicals into lab rats at extremely high rates, often at levels millions of times higher than humans are exposed to.

Some groups and media outlets, according to Hurst, manipulate the scientific data to reach conclusions that are more likely to alarm consumers.

“Inferences are made from studies about high levels, and these inferences are attributed to low level exposure,” he said. “I think there is an issue that's been raised that requires some clarification, but I'm not overly alarmed about it.”

“It's one of many things seen in press today... people raising red flags,” he cautioned. “I wish the people that raise the red flags would give us an answer and green flag from time to time with respect to what to think or what to know, rather than just saying this might be problem.”

Hurst did say that if the science did support a link to bisphenol-A and irregular endocrine systems, the increased risk would affect those who are in the developmental stages of life and those with other health problems. Still, he's unwilling to suggest anyone is at risk based on the available science.

“I have used polycarbonate for a long time, and I've never noticed any difference in my physiology, and it hasn't changed my sex,” he said.

The Center for Disease Control is also unwilling to make a connection between low levels of bisphenol-A and risk factors due to irregular endocrine systems. But the CDC admits that the majority of Americans have bisphenol-A in their blood and urine.

“What we are seeing in terms of this particular chemical buildup is pretty much everyone in America has bisphenol-A in their blood,” said Burnadette Burden, a spokeswoman with the CDC. “We know that based on our data from a national health survey.”

“But to say that it's caused by these types of products, we're not making that leap. We just know it's routinely found in human blood and urine, and it's routinely found in plastic water bottles and plastic baby bottles. But to say that one is causing the other, no, we have not made that cause and effect determination at this point,” she added.

(Editor's note: Reprinted with permission from the Turret July 10, 2008 issue.)